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PAGE 26

Moderates hopeful in Iran

Once-silenced moderates may be allowed back into the fold following Iranian elections PAGE 14

G8 faces tough global economy

Plenty of woes will confront the heads of the Group of Eight leading economies as they gather in Northern Ireland PAGE 20

CYCLE-CONQUERING CALGARY

What does it take to get around our large, automobile-centric city by bicycle? Metro explores that question all this week in a five-day series that looks at the infrastructure, culture, laws and etiquette surrounding cycling in Calgary, as well as what the future may hold for two-wheeled, human-powered transport in a growing and changing urban landscape. More coverage, pages 4-5. JEREMY NOLAIS/METRO

Schools getting rid of junk food, survey finds

Nutrition. Questions still remain about certain items on junior high, high school menus

Nearly every Calgary public school has cut junk food from its menu, pushing items like fresh fruit cups and trail mix onto cafeteria shelves that may have typically held chocolate bars and chips.

That's according to a survey conducted by the Calgary Board of Education in April and made public to Metro for the first time. It found all but two of 204 schools reported themselves as being compliant with the board's nutrition policy, which came into effect last year.

Elementary schools are now required to only stock items identified by Alberta Health Services as being in the "choose most often" category — vegetable and whole-grain products are some examples.

Junior high schools, meanwhile, are granted the ability to have 40 per cent of their menu taken from the "choose sometimes" list, which includes diet soda and baked potato chips, and in high school the split is 50-50 between the top two categories.

Prior to the policy coming into effect, some schools saw half of their menu included on the "choose least often" list, which includes baked goods, chips and other indulgent offerings. Those products have since been banned altogether.

"Parents, students and staff have actually embraced this very happily and willingly," Cathy Faber, CBE superintendent for learning innovation, said.

The CBE's ban on junk food is considered the toughest in the province, however it still comes with its share of criticism, as some parents argue even items from the "choose sometimes" category are better left to their discretion at home.

Questions remain, for example, about the aspartame in diet soda, registered Calgary dietitian and mother of three Lindy Kennedy pointed out.

Personally, she believes child education and moderation are most important, and makes a point of including her kids in nightly lunch-planning.

"If you can start from the beginning of the day with healthy fruits and vegetables, you can get a good start," she said. "When they're packing it themselves, they tend to choose things they'll eat."

JEREMY NOLAIS/METRO

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Heritage

Council vote could decide the fate of Eamon's building

Aldermen are poised to make what could prove to be a pivotal decision in the fate of a building many consider a historic landmark.

The Eamon's Bungalow Camp is currently in storage with no plan to return it to the site where it once stood as a gas station and final outpost for motorists on the way out of Calgary.

The land is to become a park-and-ride for the northwest LRT extension, and city administration is now recommending council "approve the installation of building services for the possible future return of the Eamon's building to the site."

For Bob Everett, who once owned the building and wants to see it preserved, the recommendation is a small ray of hope — but not as much as he'd like.

"I'd like to see a proper decision," he said. "They're buying time but they have not committed to bringing it back."

Roger Pilkington of the Bearspaw Historical Society said Sunday his organization is willing to raise funds in support of restoring the building, provided the city also agrees to support the project.

Ald. Andre Chabot, however, remained skeptical, asking, "Why are we putting services in there if we're not sure we're going to put the building there?"

The matter is due at a committee meeting Wednesday, with a recommendation it be fast-tracked to the full council meeting on June 24.

ROBSON FLETCHER/METRO

Kim Thomas, left, and daughter Kayla with a shrine honouring son and brother Brandon, killed in December by an allegedly impaired driver. ALLISON PARDER/FOR METRO

Road trip to honour victim of car crash

Brandon Thomas. Family hopes call for justice will be heard on the road in B.C.

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Two weeks before he died, Brandon Thomas completed a class project asking what he wanted to do with life after high school.

The 17-year-old Cochrane resident's answer was simple: open an automobile-performance shop.

"Cars were his passion, and he loved to drive," recalled mother Kim Thomas.

Brandon began fixing cars at age six and attended the World of Wheels automobile show every year in Calgary, making sure to spend a few moments planted in the driver seat of his dream vehicle, a 1999 Subaru Impreza.

Last fall, Brandon finally bought the same model and began souping it up. His plan after finishing Grade 11 was to head out with friends on an epic road trip to B.C., passing through tunnels in Crowsnest Pass, which would serve as a prime spot to rev engines.

But it was not to be. Brandon was on Highway 22 on Dec. 6 when a pickup truck being driven in the wrong lane by an allegedly impaired driver struck the Impreza head-on.

But grieving family and friends are still planning to hit the road in his honour with a goal of collecting 25,000 signatures for Families for Justice, a non-profit organization formed to support victims of impaired driving and lobby government for tougher penalties.

The event, known as Cruze for Jr., a play on Brandon being the youngest in his group of friends, departs July 2 from Mitford Ponds in Cochrane. Stops along the route will include Revelstoke, Kelowna and Penticton, with the entire caravan due home a week later.

"This is my way to honour my little brother — he'd do the same for me if roles were switched," said sister Kayla.

Make a donation

People can donate to Cruze for Jr., inspired by Brandon Thomas, through an ATB Financial trust fund listed under his name.

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Changing gears

DAY 1 DOWN, AND I FEEL SURPRISINGLY GOOD

AS PART OF METRO'S WEEKLONG LOOK AT CYCLING IN CALGARY, SENIOR REPORTER ROBSON FLETCHER WILL BE CYCLE-COMMUTING FOR FIVE DAYS STRAIGHT

ROBSON FLETCHER
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I'm not sure why I was so nervous before my Sunday-morning cycle-commute. After all, I had done it before — many times, in fact — along much more challenging routes and in much worse weather.

But those days seemed like ages ago as I lay awake in bed on Saturday night.

I used to be a fit, avid, regular cyclist, but suddenly the 14.5-kilometre ride to the Metro office seemed like a major undertaking to my now-32-year-old legs, heart and lungs.

Part of my worry was that the distance seemed unnecessarily long and the route ridiculously complicated, at least compared to the relatively straightforward 10.5-kilometre route I drive to work.

But such is cycling in Calgary.

While my daily bike commutes when I lived in Vancouver and Winnipeg followed virtually the same routes I would take by car, riding along Blackfoot Trail or Memorial Drive is a risky proposition at best, and riding on sections of Deerfoot Trail is illegal.

Cyclists, therefore, must find alternative, almost always longer routes.

To aid in my wayfinding, I enlisted the help of Google Maps, which has a Beta function for navigation by bicycle. Turns out it's not quite as accurate as its directions-by-car counterpart, something I learned when it tried to direct me across a bridge that has yet to be built.

The rest of the route turned out to be quite accurate, however, if a little hard to memorize. I regularly had to stop and consult maps I had printed out, folded and stuffed into my shorts' pockets to avoid getting lost.

But the winding network of river trails and on-street cycle lanes I followed actually turned out to be pleasant, especially under warm, clear skies. I rather preferred it to the traffic-battling daily grind I used to endure in Winnipeg or my rain-soaked rides in Vancouver.

But, boy, did my Calgary commute take some time — just over an hour, compared to about a 15-minute drive in light traffic.

We'll see if I can shave that down as I tackle the same commute each day this week, adjusting my route to see what works best and testing the alternatives available in this city.

As for my legs, lungs and heart? They held up surprisingly well. Although I'm not sure I'll be saying the same by Day 3 of this experiment.

To see how my first day went, check out metronews.ca and take a look at the GoPro-filmed video of my morning ride — sped up, of course.

Two-wheeled odyssey

The winding network of river trails and on-street cycle lanes I followed actually turned out to be pleasant, especially under warm, clear skies.

Metro reporter Robson Fletcher rides to work on Sunday morning. See more from the chest-mounted GoPro camera at metronews.ca. ROBSON FLETCHER/METRO

Choose the perfect ride

Sean Carter, owner of BikeBike, took the time to walk Metro through the perfect setup for a beginner cyclist or one returning from a long absence. Many people he outfits with gear are looking to get their first bike since their teenage years and prefer something comfortable but practical for getting around their communities or commuting to work.

Protect the noggin

While Alberta's helmet laws require only cyclists and passengers 18 and under to wear a helmet, Carter said it really comes down to personal preference for adults. "If you're kind of coming back to (cycling), in my world that puts you in the new cyclist category, so we usually recommend to folks, if it makes you feel more safe, wear one," he said.

Carter said many of his customers choose to wear a helmet and he estimates he sells about 1,000 every year.

Loading up

For heavier loads like groceries, Carter recommends a pannier bag such as this one, also from Linus, which can be strapped on to the back of the bike. The Sac by Linus retails for about $70 online.

A BEGINNER'S

Just like riding a bike. Many adults are returning to cycling after long breaks from two-wheeled transport

KATIE TURNER
katie.turner@metronews.ca

One thing Sean Carter often hears when people walk into his 17th Avenue store is: "I haven't ridden a bike since I was 12."

Since opening BikeBike, which is aimed primarily at outfitting everyday cyclists, in 2010, Carter said business has been "booming" with Calgarians wanting to get on two wheels.

"It's been really crazy for us, which I think bodes well for the city in general," he said. "We can't hold on to the demand. We're having a hard time getting bikes fast enough."

Carter said he's noticed a shift in recent years in which more people are adopting bikes as a form of transportation rather than using them just for recreation.

"I think a lot of people over the last 20 years ended up on mountain bikes and road bikes that were too aggressive for the type of riding that they do, so people put those bikes away in their garage and never rode them again," he said.

When outfitting beginner cyclists, or those who haven't

KATIE TURNER/METRO

Take it easy

For commuting in and around the city, Carter suggests the Linus Dutchi 3 or something similar. The Linus has a lower bar that lets riders step through to mount. "It can be pretty hard to swing your leg over, and it's also difficult to hold the bike if you've got a lot of weight on the bike, so you can just step through and get on and off a lot easier," Carter said. The Linus Dutchi 3 sells for $699 without accessories.

Ding! Ding!

It's recommended that cyclists use a horn or bell to let fellow bikers, pedestrians and motorists know where they are. A Linus bell sells online at linusbike.com for about $11 and they're also sold at BikeBike.

Little loads

Not only do bike baskets hold small dogs, such as BikeBike's Monsieur Speck, Carter says they're great for transporting smaller items around the city. This Linus basket is available in stores or online at linusbike.com.

Bright lights

Both Carter and the Government of Alberta recommend that cyclists use reflectors to ensure they can be seen. According to the provincial driving guide, cyclists should "equip the bicycle with at least one headlamp (but not more than two), one red tail lamp and at least one red reflector mounted on the rear of the bicycle."

KATIE TURNER/METRO

Time for some fun. Get on your bikes and ride

A bike doesn't only have to get you from point A to B — BikeBike owner Sean Carter urges cyclists to just get out there and have some good old-fashioned fun.

One easy way to get a feel for riding is by attending some of the many cycling events around Calgary.

"There's all sorts of bike fun opportunities throughout the year," Carter said. "It's a really easy way to engage people and remind them how fun it is to ride a bike. That can be almost all it takes to get people riding again."

Carter said he's always astonished when customers don't know about Calgary's river pathway system, which he said is another great way to take a spin around the city.

Brent Clark, president of Bike Calgary, suggests touching base with one of the city's many cycling organizations.

"If you really want to get involved in the cycling community, getting in touch with some of the cycling groups and volunteering with them is a really great way."

With June designated Bike Month in Calgary, here are a few events this month and throughout the summer:

• **June 19:** Women Wednesday — The Good Life Community Bike Shop
• **June 22:** Strawberry Full Moon Ride — BikeBike
• **June 26:** Volunteer/General Training — The Good Life Community Bike Shop
• **June 28 to July 7:** Cyclepalooza
• **July 6:** Giddy! Up! And Ride! Stampede Ride — BikeBike
• **July 20:** Thunder Full Moon Ride and Movie in the Park with Casel Marche — BikeBike
• **Aug. 10:** Bike Overnight to Ghost Lake — BikeBike

For more events around the city, go to bikebikeblog.com, bikecalgary.org, cyclepalooza.ca or search Bike Month on Calgary.ca.

KATIE TURNER/METRO

Cycling advocates suggest if you're new to biking, go out and have fun or get involved in the cycling community. METRO FILE

GUIDE TO CYCLING

ridden for a number of years, Carter said the key is understanding how they plan to use the bike and having customers take some test drives.

The city's cycling co-ordinator, Tom Thivener, said he and others on the city cycling team are using this month — the second annual Bike Month — to promote cycling as a mode of transportation. That includes the launch of an ad campaign that can be seen on Calgary Transit and at city libraries.

"Riding a bike is certainly not complex, but Calgary's traffic certainly is," Thivener said.

"If you're going to be using our roadways, which the majority of bicyclists do … it's not a bad idea to pursue some sort of education so that you're aware and you can gain some street skills."

He says beginner cyclists should consider taking Bike Calgary's Urban Cycling Skills Course. Information about additional courses can be found by searching Bike Month on Calgary.ca.

Urban Cycling Skills

- Tom Thivener, the city's cycling co-ordinator, suggests that beginner cyclists sign up for Bike Calgary's Urban Cycling Skills Course.
- The one-day course is offered from 8:45 a.m. to 5 p.m. at Mountain Equipment Co-op at 10th Avenue and 8th Street S.W.
- Courses are offered on the fourth Saturday of the month, including upcoming courses on June 22 and July 27.
- To register, visit bikecalgary.eventbrite.ca.

On the right 'cycle track'

'We want to get people talking about biking'

With Calgary's first set of separated bike lanes — or "cycle tracks" — set to open downtown next month, the city is holding public gatherings this week to discuss core-area cycling.

"We're bringing in some experts from the U.S. and the Netherlands … to tell us about how biking can fit in with businesses and how biking can fit into a city," said Blanka Bracic, a city transportation engineer. "We want to get people talking about biking in the centre city."

The "centre city" includes roads and pathways bound by 17th Avenue to the south, 14th Street to the west and the Elbow and Bow rivers, Bracic said, plus a bit extra.

"We may need to extend our boundaries a little bit to a more logical place where bike routes can connect to other bike infrastructure," she said.

The cycle tracks under construction on 7th Street S.W. will provide three metres of roadway for two lanes of cycling in opposite directions, separated from motor-vehicle traffic by a concrete median. They are just the beginning of what is to become a much larger network, Bracic said.

City-hosted cycling forums this week:

Tuesday, June 18:
• **Cycling Best Practices:** Noon-1 p.m. (ConocoPhillips Theatre, Glenbow Museum, 130 9th Ave. S.E.)
• **Bicycle Friendly Cities:** 6-8 p.m. (Metropolitan Centre, 333 4th Ave. S.W.)

Wednesday, June 19:
• **Bicycle Culture and Education:** Noon-1 p.m. (ConocoPhillips Theatre, Glenbow Museum, 130 9th Ave. S.E.)
• **Making Calgary a Bicycle Friendly City:** 2-8 p.m. (Golden Age Club, 610 8th Ave. S.E.)

ROBSON FLETCHER/METRO

Repair Café gives damaged household items a 2nd life

European ingenuity. DIY meetups gaining support locally first appeared in the Netherlands in 2009

JEREMY NOLAIS
jeremy.nolais@metronews.ca

It's a café filled with items some would deem better suited for the trash bin.

Torn shirts, malfunctioning children's toys, out-of-tune banjos, you name it.

But the organizers and volunteer experts with Calgary's Repair Café contend it's worth it to learn the skills necessary to bring the products back to life.

"It's kind of taken for granted in our culture today — if something breaks, you just toss it out and buy a new one," said co-founder Allison Walters. "It's filling up the landfill, it's taking our money out of our wallets."

Walters and friend Steven Haywood took the idea for a Repair Café from Europe, where people have been gathering routinely for years to share ideas, make friends and attempt to resuscitate broken or damaged goods.

To date, they have run two events locally and did some promoting at the Calgary Comic and Entertainment Expo as well, offering to repair damaged costumes.

Local Repair Cafés are free to attend and often someone bringing in one item that needs fixing ends up sticking around to help with another.

Even the two founders possess vastly different skills — Walters is a computer programmer and Haywood is a more traditional handyman who specializes in woodworking and other household repairs.

"We have people who will come by that are computer people but they can't sew on a button for the life of them," Haywood said.

Local hackers with the tech-savvy Protospace group have already joined forces with Repair Café, and Walters intends to approach The Good Life Community Bike Shop and woodworkers with the Kerby Centre in hopes of broadening skill sets at future cafés.

Interested?

- About 40-50 people have attended Calgary's first two Repair Cafés, according to co-founder Allison Walters.
- Organizers hope to run a third Repair Café the last weekend in June, but are still finalizing details. For more information, or to sign up, head to repaircafecalgary.org.

Participants are seen sharing ideas on how to repair a keyboard at a recent Calgary Repair Café. CONTRIBUTED/RYAN WOO

Innovation centre to open this year: Minister

Alberta will cut the ribbon before year's end on a first-of-its-kind post-secondary research institute, says the advanced education minister.

But details on the cost and location of the project are being kept under wraps. Critics have charged the centre could come as a less-than-favourable tradeoff for schools sharing the burden of a $147-million cut to the post-secondary sector announced in the March provincial budget.

Still, Advanced Education Minister Thomas Lukaszuk said the institute has the potential to put Alberta innovation on the map with other places like Massachusetts (home of North America's most recognizable institute of technology), Tel Aviv and Berlin. Lukaszuk recently visited the latter capital during a tour of Europe.

Research hub

"When it comes to the world of actually commercializing our research ... we are lagging far, far behind most developed countries." Advanced Education Minister Thomas Lukaszuk

He envisions a site where academics can come together and share ideas regardless of which institution they're based at.

"It will open this year ... it's the most important piece," Lukaszuk said of Alberta's research institute. "We are doing exceptionally well with peer research and our professors are some of the best-quoted professors in the world. But when it comes to the world of actually commercializing our research, modernizing our research, turning it into real solutions for real problems, we are lagging far, far behind most developed countries."

Still, Dr. Jon Meddings, dean of the University of Calgary's Faculty of Medicine, warned last month he's already seen some of the top minds in their chosen fields flee the province, adding it will be "very tough" for the school to maintain its research stature in the face of funding cuts. JEREMY NOLAIS/METRO

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Justin Trudeau said Sunday he'll talk to each of the charity groups from which he accepted a speaking fee since becoming an MP and find a way to "fix this and make it right." SEAN KILPATRICK/THE CANADIAN PRESS

Justin Trudeau: I'd 'pay all the money back'

'I am going to fix this.' Liberal leader insists he's done nothing wrong, but is willing to compensate charities

Justin Trudeau is promising to compensate all groups that paid him hefty speaking fees to participate in fundraising events since he became an MP.

The Liberal leader said Sunday he'll either give back the fees or find some other way to "make it right."

"I'm willing to pay all of the money back, if that's what it comes to," Trudeau told CTV. "But I am going to fix this."

Trudeau stressed Sunday that all his speaking engagements were cleared by the federal ethics commissioner, that he never used any parliamentary resources and that none of the money he earned went to finance his leadership bid.

"I'm doing this not because I'm worried that I did something wrong, because I didn't. Everything was done exactly according to the rules." THE CANADIAN PRESS

Twics. Awareness group using Twitter bot to mimic Tourette's symptoms

SEAN MCKIBBON
Metro in Ottawa

An advocacy group for people with Tourette's syndrome is asking Twitter users to let a bot take over their accounts so it can blast out random stuff, including swear words, as a means of raising awareness.

"Wednesday from 9 o'clock on, tweets will come out from your Twitter handle with the equivalent of verbal tics. You won't know when they're coming and you won't know what they are saying, and that's to mimic the way that real verbal tics happen," said Cathy Wylie, president of the Tourette Syndrome Foundation of Canada. The automated tweets will come out with a link to surrenderyoursay.com so followers can find out more.

Tourette's syndrome is a neurological disorder characterized by involuntary vocal and physical outbursts. The stereotype of the syndrome is sudden, involuntary swearing, but it's not the norm, with fewer than 10 per cent suffering such outbursts, said Wylie.

Kids with the syndrome tend to get picked on by bullies and have trouble making friends, while among adults the unemployment rate is four times as high as the general population, Wylie said, adding that about 20 per cent of people with the syndrome report having been fired or passed over for jobs because of their illness.

However with therapy people can learn coping mechanisms and find ways to deal with the syndrome, Wylie said.

"It doesn't affect how smart they are, it doesn't affect what they can do."

Quoted

"It doesn't affect how smart they are; it doesn't affect what they can do."

Cathy Wylie, president of the Tourette Syndrome Foundation of Canada

Military

Army issues new rules for booze to mark milestones

The Canadian Army is all for its soldiers raising a glass to toast upcoming milestones, as long as nobody thinks there's a product endorsement going on.

National Defence has issued new guidelines to military units, including the army's most storied regiments, to govern the production and sale of commemorative beer, wine and spirits for a splash of celebrations expected next year.

The new rules include limiting the sale of commemorative alcohol to within the military, and requiring associations to ask for permission to use regimental logos.

The angst is driven by the production and online sale of Black Watch Whisky, which featured the famous unit's badge, armoury and a member in Highland dress.
THE CANADIAN PRESS

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"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

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After months of threats, N. Korea wants to talk

Surprise proposal. Invitation includes condition that Pyongyang not be asked to give up nuclear assets

After months of threatening to wage a nuclear war, North Korea did an about-face Sunday and issued a surprise proposal to the United States: Let's talk.

But the invitation from North Korea's National Defence Commission, the powerful governing body led by leader Kim Jong Un, comes with caveats: No preconditions and no demands that Pyongyang give up its prized nuclear assets unless Washington is willing to do the same — ground rules that make it hard for the Americans to accept.

Washington responded by saying that it is open to talks — but only if North Korea shows it will comply with UN Security Council resolutions and live up to its international obligations.

"As we have made clear, our desire is to have credible negotiations with the North Koreans, but those talks must involve North Korea living up to its obligations to the world, including compliance with UN Security Council resolutions, and ultimately result in denuclearization," U.S. National Security Council spokeswoman Caitlin Hayden said in a statement.

North Korea's call for "senior-level" talks between the Korean War foes signals a shift in policy in Pyongyang after months of acrimony. THE ASSOCIATED PRESS

Quoted

"We will judge North Korea by its actions, and not its words."

Caitlin Hayden, U.S. National Security Council spokeswoman

Assange slams U.K. for Snowden exclusion

Julian Assange, left, appears with Ecuador Foreign Minister Ricardo Patino at the Ecuadorian Embassy in London, Sunday. After it was revealed Britain warned airlines not to allow Edward Snowden, who leaked info on secret U.S. surveillance programs, to fly to the U.K., Assange on Friday said, "The United Kingdom doesn't want to say no to the United States under any circumstances." FRANK AUGSTEIN/THE ASSOCIATED PRESS

Information security

Ottawa wants 11 more agencies to stay quiet forever

The prime minister's national security adviser, lawyers who work on terrorism cases and analysts in the Privy Council Office would be forever forbidden from discussing sensitive aspects of their work under proposed new rules.

The Harper government wants to pull the cloak of eternal secrecy over past and present employees of nine federal agencies and two now-defunct branches.

They would join over 12,000 already covered by provisions forcing them to take the secrets of their work to the grave.

THE CANADIAN PRESS

Data collection

Top names defend U.S. spy program

Current and former top U.S. officials defended the collection of phone and Internet data on Sunday talk shows, saying the operations were essential in disrupting terrorist plots and did not infringe on civil liberties.

THE ASSOCIATED PRESS

Suit that makes you look like a million dollar man

Owning a hand crafted, custom fitted suit is the dream of every man and woman. But finding a tailor and staying within budget can often be a challenge. So, you continue to buy ill-fitting suits off the rack – suits that are not customized to the nuances of your body type and size.

An end to an ill fitted off the rack suit

Now a hand cut, hand stitched suit is within your reach through BMV Bespoke, one of Hong Kong's highly respected custom tailors. BMV has been creating custom crafted suits for over 50 years, and have built their reputation on attention to detail, offering fine fabrics and affordability.

BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

"As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." ~ BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

They visit major cities several times a year, taking custom orders, including tailor-made shirts starting at just $59 upto $250 & suit starting at $329 goes upto $3500 depending on different qualities.

BMV's expert tailors, visits major cities across Canada 7 - 8 times a year. To be custom fitted and select a fabric from the thousands offered by BMV, call the number for your city on the dates provided. Ask for Mr. William Bal or BMV Bespoke.

Once an order is placed, the craftsmanship begins almost immediately, thanks to today's digital technology. You will receive your suit within 4 to 6 weeks after your custom fitting, or you can request express delivery, where your suit will be delivered within 10 business days. You also have the option of having BMV bring your suit during their next visit to your city.

BMV's most expensive suit, made of luxurious cashmere, sells for only $3,500, which is considerably less than places like the Savile Row suit company.

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Pakistan. Two anti-polio health workers shot dead on vaccination drive

Gunmen killed two anti-polio workers on Sunday in northwest Pakistan, police said, the latest violence directed at efforts to eradicate the disease from the country.

The two attackers shot the two Pakistani health workers while they were on a vaccination drive in rural Kandar village, said Swabi district police Chief Mohammad Saeed. The gunmen arrived on foot and then disappeared, he said.

No one claimed responsibility for the attack. Some Pakistani militant groups oppose the vaccinations and accuse the workers of spying for the U.S. They point out the case of a Pakistani doctor used by the CIA to collect blood samples of the family of Osama bin Laden to track him down and kill him in Pakistan in 2011.

Islamic militants also try to block inoculation campaigns by portraying them as a conspiracy to sterilize people and reduce the world's Muslim population. Over the past year, nearly 20 health workers from the anti-polio campaign have been killed.

Pakistan is one of the only three countries, along with Afghanistan and Nigeria, still affected by the polio virus. THE ASSOCIATED PRESS

Security concerns

The World Health Organization said in late March that some 240,000 children have missed UN-backed vaccinations against polio because of security concerns in Pakistan's tribal regions bordering Afghanistan.

- The WHO said health workers have not been able to immunize children in the North and South Waziristan regions, Taliban strongholds, since 2012.

Turkey. Handling of protests to test Obama's relationship with PM

Government crackdowns against protesters in Turkey could test the close ties between U.S. President Barack Obama and Turkish Prime Minister Recep Tayyip Erdogan, a strategically important U.S. ally in a tumultuous region.

Erdogan said Sunday it was his "duty" to order riot police to evict activists occupying an Istanbul park that became a centre of defiance against his rule.

The demonstrations in Turkey, now in their second week, cropped up after Erdogan's visit to the White House last month, which highlighted a variety of issues on which the U.S. needs Turkey's help.

They include quelling the violence in Syria, stabilizing Iraq and stemming Iran's nuclear ambitions.

THE ASSOCIATED PRESS

Turkish police arrest a protester in Istanbul on Sunday.
RONNY ROMAN ROZENBERG/AFP/GETTY IMAGES

Sarajevo

One child killed, four injured by landmine

Police say five children accidentally set off a landmine while playing in Bosnia, and that one was killed and the others were injured.

The explosion happened on Sunday in Hadzici, a suburb of Sarajevo. A spokesman for the Sarajevo Kosevo hospital said the boys were injured in their abdomens, eyes and arms. Bosnia's 1992-95 war left the country filled with buried landmines.

THE ASSOCIATED PRESS

Cairo

Cleric sentenced over Bible burning

A Muslim cleric received an 11-year suspended sentence Sunday for tearing up and burning a Bible. It was a rare prosecution over attacks on faiths other than Islam.

THE ASSOCIATED PRESS

South Africa

Mandela's health improving

Former South African president Nelson Mandela is engaging with his family and seeing improvement from the recurring lung infection that forced him to spend a ninth day in the hospital on Sunday.

President Jacob Zuma said Mandela remains in serious condition but over the last two days his doctors have said improvements in his health have been sustained.

THE ASSOCIATED PRESS

EgyptAir

Passengers seek asylum in U.K.

Five passengers from an EgyptAir flight diverted to a Scottish airport over an apparent threat to destroy the plane are now seeking asylum in Britain. The New York-bound flight made an emergency landing on Saturday.

THE ASSOCIATED PRESS

Huh? Tourist guides told to glorify Senate, scorn multi-party system?

Manual. Students trained to defend 'Canada's second, not secondary, chamber' by pointing out Senate is inexpensive to run

Summer students hired as tourist guides for Parliament Hill and area have been trained to praise the Senate and disdain democracies with three or more political parties.

A training manual for the 2013 summer season features an eyebrow-raising section about the value of the Senate, now embroiled in expense scandals and ethical breaches.

"Senate investigations are usually of a higher standard than those by committees of the House of Commons," says a 39-page manual on Canada's political system.

Each spring, 25 bilingual university students are tested on the contents of the manual, which is designed to prepare them for questions from thousands of tourists.

A copy, stamped Summer 2013, was obtained after a request under the Access to Information Act to the National Capital Commission, which directs the guide program.

The politics manual also contains a section that touts the benefits of a two-party system, unlike the multi-party hue of the current House of Commons. "In a multi-party group system the voter is liable to be confused by a variety of competing issues and solutions," it advises trainees.

"There is however a bad side," it acknowledges. "Often, the successful party leader is the man or woman who can dangle the largest possible number of carrots in front of the noses of the largest possible number of donkeys."

THE CANADIAN PRESS

Tourists pause to take pictures as they visit Parliament Hill in Ottawa. Summer students hired as tourist guides for Parliament Hill and area have been trained to praise the Senate and disdain democracies with three or more political parties. SEAN KILPATRICK/THE CANADIAN PRESS

Going, going ...

An official of the National Capital Commission said the branch responsible for training student ambassadors "is aware that sections ... are out of date" and "include information that is not accurate."

- The commission's media spokesman, Jean Wolff, says the manuals are being phased out in favour of digital resources displayed on iPods, with information vetted by an external committee.
- The Canadian Heritage Department will take over the student guide program and other of the commission's events as of Sept. 30, a move the Harper government says will make the events more nationally focused.

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You are invited to attend one of the following sessions in your area:

June 17 – Red Deer
June 20 – Calgary
June 25 – Edmonton

Media are invited to attend one of two separate media stakeholder sessions:

June 20 – Calgary
June 25 – Edmonton

Visit **alberta.ca/FOIPReview** or call **310-0000** for the times and venues for the public and media sessions. You can also visit the website to participate in an online consultation until **July 31, 2013.**

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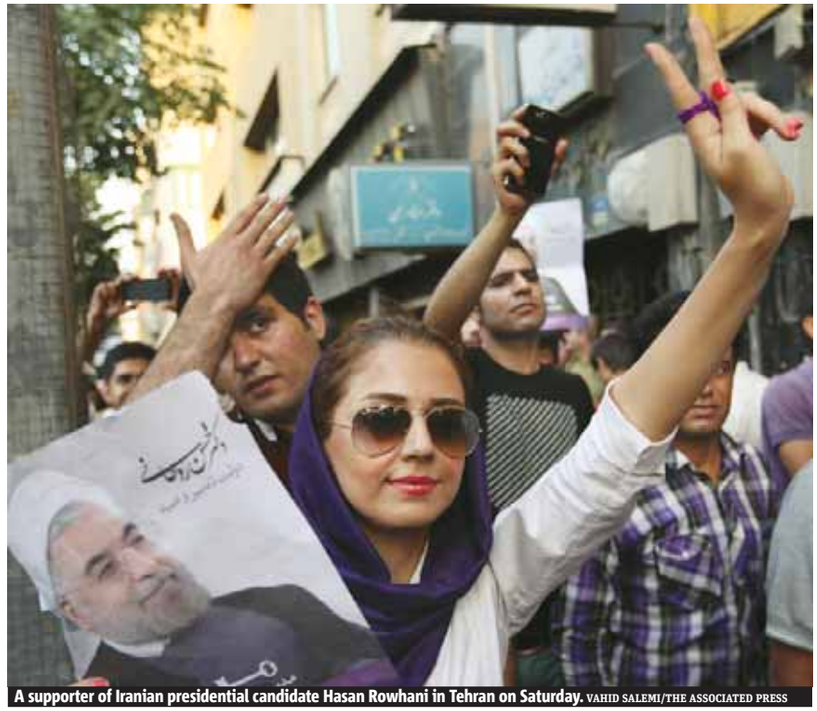

A supporter of Iranian presidential candidate Hasan Rowhani in Tehran on Saturday. VAHID SALEMI/THE ASSOCIATED PRESS

Rowhani victory signals hope for moderates in Iran

Iran. As a more liberal regime takes over the world is trying to sort out what the change will mean for peace; Mahmoud Ahmadinejad leaves

For a lesson in what Hasan Rowhani's reformist-backed presidency could mean for Iran, a promise on Sunday by the ultra-powerful Revolutionary Guard to co-operate with him is a good start.

Like the rest of Iran's ruling Islamic establishment, the Guard, which has kept a tight lid on any hints of opposition for years, is for the moment embracing Rowhani, even though he is almost certain to return once-silenced moderates into the political fold and restore the voice of liberal-leaning Iranians who danced in the streets after his stunning election victory.

The reason is because — in one of the more curious twists of Iranian politics — the opposition's accidental hero, Rowhani, also could become a lucky charm for the ruling system.

His surprise victory allows the Islamic leadership to seek a bit of legitimacy among liberals and others who felt they were exiled off the political map after the crackdowns following massive protests in 2009 over the re-election of the now-exiting Mahmoud Ahmadinejad.

Rowhani's mild manifesto sprinkled with words like "moderation" and "dialogue," also could provide a honeymoon period for the leadership. Factions in Israel and the U.S. that have promoted military options against Iran's nuclear program may find themselves in search of an audience with Rowhani playing the role of tension-easer. "I see it as a potentially hopeful sign," said White House chief of staff Denis McDonough.

THE ASSOCIATED PRESS

Democracy

"They counted my vote!"

Some Rowhani supporters chanted in a mix of celebration and shock after their man won on Friday.

Hold on here

The nuclear clock is still ticking, says Israel

The surprising victory of a reformist candidate in Iran's presidential election has put Israel in a difficult position as it tries to halt the Iranian nuclear program.

With Hasan Rowhani likely to enjoy an international honeymoon, Israel could have a hard time rallying support for new sanctions — or even military action — against its arch foe.

"The international community must not become caught up in wishful thinking and be tempted to relax the pressure on Iran to stop its nuclear program," said Israel's hard-line prime minister Benjamin Netanyahu.

THE ASSOCIATED PRESS

Fabulous Las Vegas just got fabulous...er.

Terry Fox run prepares Chinese students for studies in Canada

Grand Canadian Academy. Opened by a Chinese businessman from B.C. in 2005, it is among 41 offshore B.C. schools — 32 in China

It's a muggy afternoon in June and high school students wearing T-shirts stamped with the image of Terry Fox stride past towering high-rises and scooters with honking horns in the small Chinese city of Tongxiang that's been coated in haze from the local factory for several days.

For most, it's their first time making the fundraising trek that's an annual tradition half a world away in a country where they yearn to attend university.

Teachers at Grand Canadian Academy, a private school certified to award British Columbia diplomas, hope the Terry Fox run will ease cultural integration for students. A graduating class of 27 students in the school of 124 next year will attend institutions in Canada.

But while these soon-to-be international students from mostly affluent Chinese families have put in vast hours of not only academic study but preparatory efforts for a smoother transition to life in the West, statistically it's expected most will return home again with their highly-regarded Canadian degrees.

"They are well-positioned to get hired by good companies … back in China," says principal Bill Ironside, noting English is the second language of business in Asia.

The mandate of the academy is to prepare its students for a Western style of learning. The curriculum is taught by six Canadian expats.

THE CANADIAN PRESS

High school students attending an offshore B.C. school in the city of Tongxiang, China, near Shanghai, participate in a Terry Fox run last week to help them culturally integrate when they move to Canada next year for university.

TAMSYN BURGMANN/THE CANADIAN PRESS

The challenge

Canadian content not easy to get

Arielle Fraser, a tall blond, is the school's only female instructor and draws stares and hollers from the locals whenever she leaves campus.

She says her biggest obstacle has been getting her hands on Canadian content in a nation that bans YouTube, Twitter and Facebook. But with the help of her Internet-savvy students, she has managed to incorporate such Canuck mainstays as Stompin' Tom Connors, episodes of Degrassi and current events.

THE CANADIAN PRESS

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‘G7 plus one.’ PM speaks bluntly about Russia’s support of Syria’s Assad

When leaders of the world’s wealthiest countries meet in Northern Ireland Monday, it’s clear how Prime Minister Stephen Harper sees the seating, at least when it comes to Syria: Russian President Vladimir Putin on one side of the table, everyone else on the other.

In Dublin, on the eve of the G8 summit, Harper suggested that trying to get Russia to drop its support of President Bashar Assad was futile, effectively drawing a sharp line between Putin and the rest of the G8.

“This is G7 plus one. OK, let’s be blunt. That’s what this is,” Harper said Sunday. “Mr. Putin and his government are supporting the thugs of the Assad regime for their own reasons that I do not think are justifiable, and Mr. Putin knows my view on that.

“But we will not, unless there’s a big shift of position on his part, we’re not going to get a common position with him at the G8.” THE CANADIAN PRESS

Foreign aid

Canada pledges $100M to Jordan

Canada is providing $100 million to help Jordan with the fallout from the civil war in neighbouring Syria.

Foreign Affairs Minister John Baird calls the aid “unprecedented” and says it is aimed at helping Jordan take care of the thousands of Syrian refugees streaming across its borders while dealing with its own economic challenges.

The support consists of $75 million over three years to help Jordan promote job creation and economic development. Another $25 million is to help Jordan beef up security at refugee camps and protect Jordanians against chemical and biological weapons attack by the Syrian government. THE CANADIAN PRESS

Co-ordinated attacks kill dozens in Iraq

U.S. condemns ‘cowardly acts.’ Most casualties caused by car bombs targeting Shiite areas

A blistering string of apparently co-ordinated bombings and a shooting across Iraq killed at least 40 and wounded dozens Sunday, spreading fear throughout the county in a wave of violence that is raising the prospect of a return to widespread sectarian killing.

Violence has spiked sharply in Iraq in recent months, with the death toll rising to levels not seen since 2008. Nearly 2,000 have been killed since the start of April, including more than 170 this month.

Most of Sunday’s car bombs hit Shiite-majority areas and caused most of the casualties. The blasts hit half a dozen cities and towns in the south and centre of the country.

There was no claim of responsibility for the attacks, but they bore the hallmark of al-Qaida in Iraq, which uses car bombs, suicide bombers and co-ordinated attacks, most aimed at security forces and embers of Iraq’s Shiite majority.

The U.S. Embassy condemned the attacks, saying it stands with Iraqis “who seek to live in peace and who reject cowardly acts of terrorism such as this.” The U.S. withdrew its last combat troops from Iraq in December 2011, though a small number remain as an arm of the embassy to provide training and facilitate arms sales. THE ASSOCIATED PRESS

Iraqis inspect the site of a car bomb attack in Basra, Iraq, Sunday. Car-bomb blasts hit half a dozen cities and towns in the south and centre of the country, most targeting Shiite-majority areas. NABIL AL-JURANI/THE ASSOCIATED PRESS

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Deer and elk disease may be here to stay: Experts

'CWD.' Emphasis moves from cure to preventing spread of chronic wasting disease in the wild

Experts say it may not be possible to eliminate chronic wasting disease in deer and elk in Canada.

The fatal infectious disease is so well established in Saskatchewan and Alberta that the federal government and some provinces are rethinking how to deal with it.

In 2005, Ottawa announced a national strategy to control chronic wasting disease in the hope of finding ways to eradicate it. Now the emphasis is shifting to preventing CWD from spreading, especially in the wild.

"We have to realize that we may not be able to eradicate this disease currently from Canada ... so we may be looking at switching from eradication to control," said Penny Greenwood of the Canadian Food Inspection Agency; the Agency recommends against eating infected animals.

THE CANADIAN PRESS

No evidence humans get it

CWD is caused by abnormal proteins called prions and is similar to mad cow disease. There is no vaccine against it. Symptoms can take months or years to develop. They include weight loss, tremors, lack of co-ordination, paralysis and, ultimately, death.

Pope blesses Harley riders

Biker culture came to the Vatican on Sunday as Pope Francis blessed thousands of Harley-Davidsons and their riders celebrating the manufacturer's 110th anniversary with a loud parade. Harley engines nearly drowned out the Our Father prayer.

GIORGIO COSULICH/GETTY IMAGES

Juice thrown

Woman, 27, charged with assaulting Ford

Toronto police have charged a woman who is alleged to have thrown a drink at embattled Mayor Rob Ford. Police say a cup of juice was thrown at Ford on Saturday afternoon while he was attending an Italian street festival.

Police had no other details about the incident or whether there is any connection to the negative publicity the mayor has received in recent weeks.

Shannon Everett, 27, faces an assault charge and is scheduled to appear in court on July 23 to face the allegation. Ford alluded to the incident briefly Sunday in the weekly radio show he hosts with his brother.

THE CANADIAN PRESS

St. John's, Nfld.

Man faces impaired driving charge after single vehicle crash

A 37-year-old man who owes thousands in outstanding fines is facing a slew of charges after allegedly crashing his vehicle in Newfoundland.

Police say the single-vehicle collision happened in the centre of St. John's around 9 p.m. on Saturday.

The man was not injured but was handed a number of charges including impaired driving and operating a vehicle with no diver's license and insurance.

Police said he also has about $22,000 in outstanding fines.

The man was held for court and his vehicle was impounded by police.

THE CANADIAN PRESS

Cash Flow Expert to Reveal North America's Best Kept Investment Secret

by Jim Sloan
Financial Reporter

CALGARY – Why settle for 1 to 2% interest from your local bank, when you could be earning 16%, 18%, 24% and even up to 36% return on your hard earned money?

According to Ted Thomas, one of North America's cash flow experts, who has been featured in Business Week, Wall Street Journal and USA Today, this is exactly the way that many wealthy people have been investing for decades.

This proven personal fortune money-making machine is called Government Certificates. With Government Certificates, you invest your money with the government and the government returns your money in guaranteed cheques plus 16%, 18%, 24% or even 36% more in interest.

Thomas explains the beauty of this exciting, simple investment is that it works for just about anyone - regardless of age, gender, education or experience.

This is the ideal investment for Canadians because you can invest by mail or do it over the Internet. You don't need a huge investment to start with Government Certificates - you can start with as little as $500.

The biggest advantage of this investment, Thomas says, is you don't have to be stuck with low bank interest rates, lacklustre mutual funds, low performing stocks or negative cash flow real estate.

"Let me tell you about Cheryl Hyland of Brooks, Alberta," says Thomas. "She invested $7,390 in a Government Certificate and in less than 5 months, it was redeemed for $9,187.50 for a quick profit of $1,797.50.

Cheryl Hyland from Brooks, Alberta shows her 24.3% return!

That's a 24.3% return! When she contacted me with the good news, I calculated her annualized return... and it works out to a whopping 58.3%."

I asked Mr. Thomas the obvious question. "If this investment system is proven like you said it is, then why haven't we heard about Government Certificates?"

His answer was right to the point. "Stock brokers, financial planners and bankers aren't allowed to make commissions on them. Yet many bankers invest their 'surplus' money in Government Certificates to enjoy the amazing high returns. They pray that you won't learn what I'm revealing to you."

Ted Thomas will be explaining more about this proven cash flow system in an upcoming event called ***How CANADIANS Are Getting 18%, 24%, up to 36% Cash Flow Guaranteed by the US Government.***

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See How Others Have Benefited From Using Ted Thomas' Proven Cash Flow System!

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"I'm very pleased, no reason to leave home! With Ted's materials I learned how to do this online. In just 5 weeks after I started, I made myself thousands of dollars using your online process sitting in Alberta Canada. The first purchase in the states was valued at $57,000; I only invested $7,000. This training is unbelievable it's so easy! I found a whole new world of profits!"
– JP Cloutier, Edmonton

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– Dorthea Gardner, an 83 year old retired Toronto Certified Public Accountant (CPA)

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– Darren Olstad, Edmonton

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N.Y.C. Russian tycoon aims to meld minds and machines

Can the City That Never Sleeps become the City That Never Dies? A Russian multimillionaire thinks so.

Dmitry Itskov gathered some of humanity's best brains — and a few robots — at his Global Future 2045 conference in New York City on Saturday to discuss how humans can get their minds to outlive their bodies. Itskov, who looks younger than his 32 years, has an aggressive timetable in which he'd like to see milestones toward that goal met:

- By 2020, robots we can control remotely with our brains.
- By 2025, a scenario familiar to watchers of sci-fi cartoon show Futurama: the capability to transplant the brain into a life-support system, which could be a robot body. Essentially, a robot prosthesis that can replace an ailing, perhaps dying body.

Russian billionaire Dmitry Itskov speaks at the Global Future 2045 conference on Saturday in New York City. THE ASSOCIATED PRESS

- By 2035, the ability to move the mind into a computer, eliminating the need for the robot bodies to carry around wet, messy brains.
- By 2045, technology nirvana in the form of artificial brains controlling insubstantial, hologram bodies. THE ASSOCIATED PRESS

BP oil spill. As cleanup patrols end, tar balls keep washing up on beaches

Finding tar balls linked to the BP oil spill isn't difficult on some Gulf Coast beaches, but the company and the government say it isn't common enough to keep sending out the crews that patrolled the sand for three years in Alabama, Florida and Mississippi.

Tourist John Henson of Atlanta disagrees, particularly after going for a walk in the surf off Gulf Shores, Ala. last week and coming back with dark, sticky stains on his feet.

Henson said there were plenty of tar balls to remove from the stretch of beach where he spent a few days.

Environmental advocates and casual visitors alike are questioning the Coast Guard decision to quit sending out BP-funded crews that have looked for oil deposits on northern Gulf Coast beaches on a regular basis since the 2010 spill.

The patrols ended this month as coastal monitoring reverted to the way it operated before the spill: The Coast Guard investigates beach pollution reported by the public, and conducts cleanup operations as needed. THE ASSOCIATED PRESS

Quoted

"I was out there yesterday and stepped all in it."

Tourist John Henson, who encountered tar balls last week in the surf off Gulf Shores, Ala.

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metro

New Zealand

Google launches Internet-beaming helium balloons

Google is launching Internet-beaming antennas into the stratosphere aboard giant, jellyfish-shaped balloons with the lofty goal of getting the entire planet online. The top-secret project was announced Saturday in New Zealand, where up to 50 volunteer households are beginning to receive the Internet briefly on their home computers via the balloons. THE ASSOCIATED PRESS

PLEASE NOTE
PRAVINJOHN JOHNSELVIN, son of John Selvin, born 26th May 1987 residing at 46 Saddlehorn Close NE, Calgary, T3J 5C5, shall henceforth be known as
JOHN PRAVIN

Members of Oxfam wear masks depicting G8 leaders in Belfast, Northern Ireland, on Sunday, a day ahead of the start of the G8 summit. Oxfam said that G8 leaders must cook up the right deal to fight hunger and poverty by tackling tax dodging. The masks depict, from left, U.S. President Barack Obama, German Chancellor Angela Merkel, Italian Prime Minister Enrico Letta, Japan's Prime Minister Shinzo Abe, Britain's Prime Minister David Cameron, French President Francois Hollande, Russian President Vladimir Putin and Prime Minister Stephen Harper. PETER MORRISON/THE ASSOCIATED PRESS

At G8, underlying worry is whether recovery lasts

Northern Ireland. Summit's agenda focuses on tax evasion and trade, but backdrop to talks is fraught global outlook

Europe is mired in debt and recession. Financial markets have hit violent ups and downs on fears that U.S. stimulus efforts may soon be scaled back. Japan is finally looking up after years of stagnation — but it remains an open question if the recovery will stick.

That's the global economy that will confront the heads of the Group of Eight leading economies as they gather Monday and Tuesday for their annual summit in Northern Ireland.

British Prime Minister David Cameron will serve as summit host for U.S. President Barack Obama and the leaders of Germany, Italy, Canada, France, Japan and Russia. At the top of the agenda: new cooperation to fight tax evasion and increase transparency among governments. Also on the table will be how much help to give to rebels in Syria, and a push for lower trade barriers between the United States and the European Union.

On the sidelines and over dinner, it's expected that the discussions will broaden to include the election results in Iran and data protection, following revelations about a U.S. counterterror surveillance program.

As always, the summit takes place under heavy security, guarded by 8,000 police backed by water cannon. The venue itself is surrounded by extensive security fences, and on three sides by water. There's only one access road to the closest town, Enniskillen, some eight kilometres away.

Since last year's G8 meeting at Camp David in the U.S., there has been a modest economic upswing throughout the developed world and prospects are brighter after five years of turbulence and recession. Yet despite progress, the economic outlook remains fraught with uncertainties. THE ASSOCIATED PRESS

Top of mind

- For all the G8 participants, the most unsettling shift is the possible end of the U.S. Federal Reserve's massive monetary stimulus.
- The Fed's injections of money into the economy through bond purchases, known as quantitative easing, had helped send markets soaring.
- But global stock and bond markets have whipsawed since May 23, when Fed chairman Ben Bernanke said that the U.S. central bank might slow its drive to keep long-term borrowing costs low in the coming few months.

The Solar Impulse takes flight at dawn in Phoenix, Ariz., on May 22 during its cross-continental journey. THE ASSOCIATED PRESS FILE

Solar plane nears journey's end

A solar-powered plane nearing the close of a cross-continental journey landed at Dulles International Airport outside Washington early Sunday, only one short leg to New York remaining on a voyage that opened in May.

Solar Impulse's website said the aircraft with its massive wings and thousands of photovoltaic cells "gracefully touched down" at 12:15 a.m. EDT after 14 hours and four minutes of flight from Cincinnati, Ohio, to Dulles in Washington's Virginia suburbs.

Pilot Bertrand Piccard was at the controls for the last time on the multi-leg Across America journey that began May 3 in San Francisco. His fellow Swiss pilot, Andre Borschberg, is expected to fly the last leg from Washington to New York City's John F. Kennedy International Airport in early July, the website added.

The single-seat plane, considered the world's most advanced sun-powered aircraft, is powered by about 12,000 photovoltaic cells that cover its enormous wings and charge its batteries during the day. It flies around 65 km/h, weighs about as much as a car and can't go through clouds. THE ASSOCIATED PRESS

WOE AWAITS GENERATION WUSS

Krause Encounters

Darren Krause
darren.krause@metronews.ca

After taking much into consideration, I've single-handedly coined the meme the world shall use to describe kids growing up today.

Generation Wuss. Or Gen W, if you wish.

I hope it sticks.

I hope it sticks in the mind of parents, coaches, educators, academics and the like, because these are the children we are rearing today: wusses.

Most recently, it's the Calgary Board of Education's report-card tinkering. Cuddly words like "emerging" or "evident" will be used instead of measurable grades the masses can use to ascertain their child's learning success.

Just before that, this asinine theory on peewee body checking. Yes, hits hurt. Done incorrectly or with the wrong intent (read: bad coaching and the Don Cherry influence), they can injure. But, without proper graduated training, I believe this knee-jerk reaction to what are preliminary studies at best will manifest itself in the future as dire injury tolls in bantam and midget hockey levels.

Go back further and it's this nonsense in minor soccer with no score being kept. That's right, let's teach kids this crucial life lesson: We're all winners. No matter the difference in skill, effort or heart, we can all go home feeling like we just slayed a dragon.

And finally — much like the silly word grades, the now-infamous No-Zero policy that got revered physics teacher Lynden Dorval booted from Ross Shep High School in Edmonton. Yes, no zeros at the high school level, people. Repeat: high school level.

That evidence alone is enough to support a meme that books shall be written about, and that will go down in lore. Generation Wuss.

They'll be high school graduates in about… 2025. Watch for them, but be leery.

I'm going to be a dissenter.

I'm the dad who doesn't let his kids win board games. I play a mean game of Hungry Hippos. I take both older boys on in driveway hoops and I win. Use teamwork and find a way to best me. I tell them when they've done something wrong, why it's wrong, and how to do it properly. They know when I'm disappointed in their actions. I want them to get knocked down. I also want them to get back up and get dusted off, and then get knocked down again. I want them to feel heartbreak, shame, discouraged.

Why would I want this for my kids, you ask?

As adults, they will be fierce. They will be real winners, not this namby-pamby academic feel-good BS spewed regularly today. They will accept utter failure as a learning opportunity.

Most importantly, they learn consequence.

It's a Darwinian world out there, folks. Frankly, I want my kids to be prepared.

Today, Gen W kids are being raised. And we're being convinced it's the best way.

I for one won't let it happen. You have the choice too.

ZOOM

It's all fur the exhibition

JENS MEYER/THE ASSOCIATED PRESS PHOTOS

Taking a leap of four-legged faith

White Swiss shepherd dogs Kenai, left, and Yasu jump into the water during the dog diving competition at the International Pedigree Dog and Purebred Cat Exhibition in Erfurt, central Germany, on Sunday.

Four thousand dogs and 150 cats from 20 countries were shown at the exhibition.

METRO

A Sphynx cat named Amhara's Mira waits at the cat exhibition.

Anything's paw-sible

- The event has been showcasing pets since its inception in 2000, and as of last year turned into a trade show.

Clickbait

Psst.... If you are looking for a way to prevent that pesky NSA from checking up on you, you can look into some of the many apps and add-ons that have been gaining in popularity because of their claims to protect your privacy. Here are just a few:

RedPhone:

Developed by Open Whisper Systems for Android, RedPhone's calls are encrypted between two users. They also have a text version: TextSecure.

Silent Circle:

You can join the circle of people who are already using Silent Circle's many data blockers. This one is for use on Android, iPhone, iPad and Windows and also lets you connect privately to people who aren't in the secret circle.

DoNotTrackMe:

The web add-on claims to put a lid on commercial web tracking from outside parties who come along and scoop your online trail, even if it is just playing MouseHunt and creeping Facebook.

Seecrypt:

For iOS and Android, Seecrypt is an app aimed at letting you call and text with others who use the service without having to worry about Big Brother looking over your shoulder. METRO

Comments

RE: Parliament Hill Tourist Guides Trained To Praise And Defend The Senate, published online June 16

The content of this article does not support the sensationalist headline. The NCC is not training an army of apologists or propagandists, they are training a group of young Canadians to provide information to visitors about Canadian governance (amongst many other topics).

What *would* have been sensational is if they had trained these summer students to greet visitors with a stinging indictment of the Upper Chamber or, for that matter, any other aspect of our governmental systems.

It should not, therefore, be seen as an apology for the Senate and its current troubles, nor a manifesto on what the Senate should be, but rather as what it is: a training manual intended to allow summer students to greet visitors with basic information about how Canada's government works.

Kris T posted to metronews.ca

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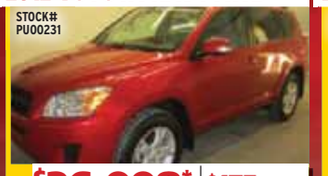

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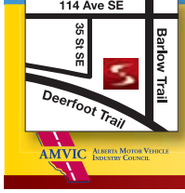

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Taking the time to reward entertainers for excellence in their fields is nice and everything, but everyone knows awards shows are really all about the red carpet. The MuchMusic Video Awards are no different:

METRO
calgary@metronews.ca

MMVAs red carpet looks

1 Taylor Swift. Black and white and red hot

Despite being in the middle of a tour (she performed the night before to a bajillion teen girls at the Rogers Centre) Taylor looked lovely as always.

ALL PHOTOS THE CANADIAN PRESS

2 Kardinal Offishall. Brings the bling

Studded brass knuckles, two watches, and what appears to be a cranky sumo wrestler pendant might appear to be too much, but Kardinal keeps it together with a simple polo shirt.

3 Ed Sheeran. Let's go Blue Jays let's go

The folk-pop favourite went for local with a vintage looking (all the way in '93 era?) sports tee.

4 Marianas Trench. Swimming choices

Every party needs someone to wear the proverbial lampshade. The MMVAs got four with these fetching mermaid-man rockers.

5 Chavril. Matchy-matchy

Everyone's favourite (not!) two-headed CanCon celeb, Chad Kroeger and Avril Lavigne donned complimentary black leather, with a spikey crown for the lady. It even appears that they got the same dye-job at the salon.

Online

Want all the behind-the-scenes action? Visit metronews.ca for a full list of winners and more on last night's MMVAs show.

And the winners are ...

- **Video of the year.** Inner Ninja - Classified ft. David Myles, director: RT! Half Life Records/Universal Music Canada
- **Dance video of the year.** The Veldt – deadmau5 ft. Chris James, director: Manroop Takhar; Joel Zimmerman Ultra Music/ Universal
- **Pop video of the year.** Desperate Measures – Marianas Trench, director: Kyle Davison 604 Records/ Universal
- **Hip hop video of the year.** Started From The Bottom – Drake, director: X/ Universal
- **Viral video of the year.** Gangnam Style – PSY, director: Lee Bo Young/ Universal
- **Your Fave Artist/Group.** As Long As You Love Me - Justin Bieber
- **Your Fave Video.** Stutter - Marianas Trench, director: Kyle Davison
- **Your Fave International Artist/Group.** 22 - Taylor Swift

Kim Kardashian and Kanye West ALL PHOTOS GETTY IMAGES

It's a girl for Kim and Kanye ... and she looks just like her mom

Kim Kardashian gave birth to a baby girl Saturday morning in Los Angeles, sources confirm to People magazine.

The baby, a first for Kardashian and boyfriend Kanye West, was believed to be due in July but arrived early, just days before the release date of West's new album, Yeezus. Sources says West was by Kardashian's side for the labour and delivery.

Kardashian and West welcomed their daughter at Cedars-Sinai Hospital, and the new arrival already resembles her mom, a source tells E! News. "She looks just like Kim," the source says.

There has been no official word on a name for the little girl, but Kardashian reportedly told friends and family prior to the birth that her daughter's name "will start with a K."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Is Leo chasing an Oscar?

STARGAZING
Malene Arpe
scene@metronews.ca

Leonardo DiCaprio may be playing Rasputin in an upcoming biopic. And if that doesn't finally get him an Oscar, he'll keep the long beard, move to Russia and become Putin's special advisor.

Taylor Swift went to visit Gwyneth Paltrow in London. And now she's never ever going to eat processed food again.

Lindsay Lohan is reportedly spending her time at Betty Ford writing letters to friends and acquaintances. Dear Charlie Sheen; thank you for the last care package. I particularly enjoyed the "cookies," the "toiletries" and the "not at all two baggies of meth." Love Lindsay.

Katie Holmes had dinner with Gloria Steinem. It may seem odd, but they had plenty of things to talk about as Gloria, of course, is concerned with women's freedom and autonomy and Katie recently discovered that those two things actually exist.

It's looking more and more like Katy Perry and Robert Pattinson are dating. She really likes his looks and sense of humour and he likes that she's not his cheating, contractually-obligated-to-fake-date co-star.

Stamos still thinks about 'the one that got away'

John Stamos reveals that before he and Lori Loughlin played husband and wife on Full House, they actually dated briefly in real life — and the memory has stayed with him.

"We were friends, we were on the soaps together and we actually did date," Stamos says during a Huffington Post live chat.

"We went on a date to Disneyland before, you know, before we were both married. In real life, when we were 18, 19 years old. We did have some off timing, but no disrespect to her family and her husband now, I would say that she could be the one that got away."

Twitter

@ChloeGMoretz
When your phone tries to show you the stocks. No. Just. No iPhone.

@solangeknowles
Tilt, tuck, and tighten. No sit ups ever again.

@SarahKSilverman
There's no short cut. Even Batman has to do crunches.

NATIONAL DAY OF ACTION
17 JUNE 2013
WRITE YOUR LOCAL MP AND DEMAND THE FEDERAL GOVERNMENT RESTORE REFUGEE HEALTH CARE
FOR MORE INFORMATION ON THE ISSUES AND WHAT YOU CAN DO, VISIT: DOCTORSFORREFUGEECARE.CA
LIKE THE CALGARY FACEBOOK PAGE: FACEBOOK.COM/RESTOREREFUGEEHEALTHCARECALGARY
STOP CUTS TO REFUGEE HEALTH CARE
On June 30th, 2012 the Federal Government drastically reduced the health coverage provided to many refugees in Canada- refugees who have fled violence and persecution - and who are legally in Canada. Due to these cuts, many refugees, including pregnant women and children, are unable to access necessary health services. This means refugees may go without care for medical emergencies such as strokes and heart attacks, as well as essential services such as prenatal care. Not only is denying care to all refugees unethical, but it will cost the system and taxpayers more in the long-run as preventable diseases go untreated and more people are forced to access care in emergency rooms.
WE CALL ON THE FEDERAL GOVERNMENT TO RESTORE HEALTH COVERAGE TO ALL REFUGEES, AND ASK CALGARIANS TO JOIN THEIR VOICE WITH OURS ON JUNE 17TH AS PART OF THE NATIONAL DAY OF ACTION TO STOP THE CUTS TO REFUGEE HEALTH CARE

Travel Tidbit

Vital checkpoints

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Realizing you forgot your passport at the hotel or your iPhone in a cab is extremely stressful, especially when travelling with kids. Here are checkpoints for any traveller.

Airplane seat pockets
Never put anything in the airplane seat pocket that you want to have with you when you leave the plane. Keep a bag under the seat in front of you with these items.

Hotel Rooms
Do a room check every time you leave, including bathroom, closet, dresser drawers, even when you are sure you didn't put anything there — little hands move things.

Taxi Cabs
Resist taking items out in the cab but upon leaving, take a good backward glance in case phones, wallets or other valuables have fallen out of your pocket or purse.

Airport Security
We're used to "stripping down" for security, but double check that phones, wallet, belts, passports are with you.

Restaurants
Do what's known as the "mom check." Check the table, the floor, and all the chairs for forgotten items (those little hands again!).

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

Follow along with the comedic (mis-)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Kids are kicking it old school this season with bowling, bubbles and chalk among the hot items as the weather continues to warm up — at least according to the Canadian Toy Association, which held a summer event highlighting this very important topic

THE CANADIAN PRESS

5 toys of summer

Jeffrey Versluis, 12, plays with an oversized inflatable bowling set. THE CANADIAN PRESS/MICHELLE SIU

Oversized inflatable bowling set

Bring the bowling alley to your backyard this summer with this giant set of bowling pins and bowling ball.

Bubbles

The Canadian Toy Association chair Kerry George said bubbles continue to be big with the younger crowd, from colourful solutions with the traditional built-in wand to machines cranking out the globules at the push of a button.

Hayden Ruscio, 6, chases bubble, which make colourful patterns if they burst on paper.
THE CANADIAN PRESS/MICHELLE SIU

Lauren Burton, 7, draws with chalk using one of 56 chalk colours. THE CANADIAN PRESS/MICHELLE SIU

Chalk

For the more artistically inclined, sidewalk chalks in a multitude of hues — and even glittery varieties — will keep pavement Picassos occupied.

Airplanes and other contemporary toys

Boys still love planes, cars and trains. One notable difference among some contemporary toys is the use of eco-friendly materials, like the PVC-free Green Toys Tractor crafted from recycled milk jugs.

Sasha Denis, 11, launches an airplane. THE CANADIAN PRESS/MICHELLE SIU

Aliyah Reisch, 6, plays on an inflatable playground set.
THE CANADIAN PRESS/MICHELLE SIU

Inflatable playground set

Who doesn't love the feeling of going down a slide? With inflatable playground sets, kids can enjoy the feeling in their own backyard.

Slide into barbecue season

Ingredients

Pineapple Salsa
- 1 can (375 ml/12 oz) pineapple tidbits
- 30 ml (2 tbsp) fresh lime juice
- 30 ml (2 tbsp) olive oil
- 1 garlic clove, crushed
- 1 ml (1/4 tsp) pepper flakes
- 5 ml (1 tsp) sugar
- 1 jalapeno pepper, diced
- 50 ml (1/4 cup) each diced red pepper and red onion
- 15 ml (1 tbsp) each finely chopped cilantro and parsley
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper

Chicken Sliders
- 500 g (1 lb) ground chicken
- 45 ml (3 tbsp) finely crushed saltine crackers
- 15 ml (1 tbsp) pineapple juice
- 45 ml (3 tbsp) thick teriyaki sauce
- 5 ml (1 tsp) dried parsley
- 30 ml (2 tbsp) grated onion
- 1 ml (1/4 tsp) salt
- 2 ml (1/2 tsp) pepper
- 125 ml (1/2 cup) thick teriyaki sauce (to use for glazing after sliders come off grill), plus more for basting
- 16 to 18 small slider buns

This recipe makes 16 to 18 sliders. THE CANADIAN PRESS H/O

1. To make salsa: Drain pineapple tidbits, reserving 15 ml (1 tbsp) of liquid for sliders. Squeeze lime juice into glass bowl and add drained pineapple and olive oil. Stir in garlic, red pepper flakes and sugar. Stir veg and herbs into pineapple mix. Add salt and pepper. Refrigerate for at least 2 hours

2. In mixing bowl, place all ingredients except 125 ml (1/2 cup) teriyaki sauce and buns. Using hands, gently mix until all ingredients incorporated.

3. Form small meatballs and flatten in palm of your hand to make patties that are no larger than 7.5 cm (3 inches) in diameter. Place on parchment-lined baking sheet until ready to grill.

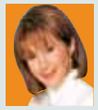
4. Grill chicken sliders, basting with teriyaki sauce on both sides. Cook sliders until a meat thermometer registers 74 C (165 F).

5. Heat 125 ml (1/2 cup) teriyaki sauce and pour into a glass baking dish. When sliders come off the grill, place into warmed sauce to glaze.

6. Toast split buns, if desired, and place meat on buns. Top with pineapple salsa. Serve. **THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013).**

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

While Freshii is typically known for its healthy choices, there are some menu items that boast an excess of calories, fat and sodium.

Freshii Burrito

1,036 calories /60 g fat /1,315 mg sodium

This burrito has close to a day's worth of calories, fat and sodium. The tortilla and rice exceed your calories and carbs in one meal. The other culprits are the beef, cheeses, avocados and ranch dressing.

Equivalent

One Freshii Burrito with a whole wheat tortilla, brown rice, black beans, steak, jack and cheddar cheeses, avocado and ranch dressing is equivalent in fat to two 470 g McCain thin crust chicken and red pepper pizzas.

Freshii Turkey Wrap

262 calories/11g of fat/1,077 mg sodium

The turkey is leaner than the beef and the salsa replaces the high calorie and fat ranch dressing.

Catch of the day in a taco

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients
- 1 large Hass avocado, peeled, pitted and cut into eighths
- 1/3 cup buttermilk
- 2 cloves garlic, minced, divided
- Juice of 1 lime
- Kosher salt and ground black pepper, to taste
- 3 cups shredded Napa cabbage
- 1 1/2 cups coarsely grated carrot
- 1 cup coarsely grated radishes
- 1/4 cup white wine vinegar
- 1/4 tsp sugar, or to taste
- Zest of 1 lime
- Hot sauce, to taste
- Eight 6-inch corn tortillas
- Whole-wheat flour, for coating the fish
- 1 lb tilapia fillets, cut into 8 equal pieces
- 3 tbsp vegetable oil
- Sliced fresh jalapeno peppers, to serve
- Chopped fresh cilantro, to serve

1. Heat the oven to 200 F.

2. In a food processor, combine the avocado, buttermilk, 1 clove of garlic, lime juice and salt and pepper. Puree until smooth, then set aside.

3. In bowl, combine cabbage, remaining garlic, carrot, radishes, vinegar, sugar, lime zest and hot sauce. Season with salt and pepper and toss well. Set aside.

4. Heat skillet (such as cast-iron or stainless steel, but not nonstick) over medium heat. One at a time, place the tortillas in the skillet and toast for about 30 seconds per side. As the tortillas are toasted, stack them on a sheet of foil. Wrap foil around the tortillas, then place them in the oven to keep warm.

5. In a wide, shallow bowl, combine about 1 cup of flour with 1 tablespoon of salt and 1 teaspoon of pepper. One at a time, dredge each piece of fish through the flour until coated evenly. Shake off any excess.

6. In nonstick skillet over medium-high, heat 1 tablespoon of oil over medium-high. Add half of the fish to the pan and cook, turning once, until golden and cooked through, about 3 minutes a side. Transfer to an oven-safe plate and set in the oven to keep warm. Repeat with the remaining oil and fish.

7. To serve, top each tortilla with a bit of the avocado purée, then a piece of fish. Drain cabbage mix, then mound some of that over each portion. Serve with jalapeno slices and cilantro on the side. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE BOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

The main madam of media on social life

This girl's no Twit.
Twitter's Canadian director Kirstine Stewart chats about the company's move to Canada, how to tweet effectively, and how she hopes to encourage greater activity

Even before she officially joined the team at Twitter, the CBC's former executive vice-president of English services, Kirstine Stewart, was doing her part to boost the social network's profile in Canada.

The frequent Twitter user with nearly 17,000 tweets to her name proudly proclaims that she was the one responsible for convincing the always controversial and quotable Don Cherry to sign up for the social network last year.

Twitter's Canadian director, Kirstine Stewart. HANDOUT

Do you think before you tweet or do you not care which thoughts are in the air? ISTOCK

On Thursday, she was trying to generate some more tweets in a more official capacity. Representatives from some of the biggest brands in Canada packed a convention room in Toronto for the official launch of Twitter Canada, where Stewart was joined by a host of "VITS" (very important tweeters) including Dragons' Den judge Arlene Dickinson and Montreal Canadiens defenceman PK Subban.

Since becoming the company's Canadian director a month ago, Stewart has announced big partnership deals with Bell Media and Shaw Media.

What have you learned since joining Twitter?
I didn't understand how quickly the technology can move to benefit the user. It's been fascinating, when you think about Twitter only being seven years old. ... But I almost don't feel like I'm behind because there's always something new to learn.

How will you get Internet users who currently think Twitter isn't really for them to join in?
I think people in Canada, we're pretty technology (friendly); we're not fearful. I think the nice thing about all the different kinds of technology in Canada is we pick it up pretty quickly. There's obviously opportunities to develop more engagement on Twitter. In particular, creating great content will just drive people. It actually pulls them instead of driving them, they're actually pulled to great content. And I think people will have a hard time avoiding Twitter.

You've held high-profile positions that could be jeopardized by a poorly worded tweet. How do you keep yourself out of trouble but stay interesting? How often do you think twice about a tweet and delete it instead of hitting send?
I don't think I've ever deleted a tweet mid-tweet. ... I think you know what to engage in and to not engage in. And I think it is (good to have) that great blend of personal and professional, but whatever you're putting out there on Twitter you've got to know that it's not just available to every Canadian, it's broadcast worldwide. There might be a level of caution but I think if there's authenticity, if you're true to yourself and you talk about things that matter to you, you're going to find people it also matters to as well. You just have to be real.

THE CANADIAN PRESS

Is this platform passé?

- According to a recent report by the Media Technology Monitor, based on surveys conducted in the fall with 4,001 anglophone Canadians, less than one in five Internet users said they were on Twitter in the past month, although those numbers had grown by 80 per cent in a year, up from just 10 per cent in 2011.

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Evolution of the internship. Placements not only for the young

In The Internship, Owen Wilson and Vince Vaughn play two salesmen who find themselves vying for a tech internship after their careers have been wiped out by the digital age. HANDOUT

The process of hunting for, securing and ultimately completing an internship in a desired career field has evolved into a stressful reminder of the hurdles that await potential job seekers post-college graduation.

The recent release of the summer blockbuster, The Internship, starring Vince Vaughn and Owen Wilson, glamorizes one of the business world's most sought-after internships while lampooning the plight of two 40-year-olds who land a college tech geek's dream job — internships at Google. In the current business landscape, the movie's premise might not entirely be Hollywood fiction.

Michael Crom, executive vice-president of Dale Carnegie Training, evaluates trends in the business world, often working with companies to assess both paid and unpaid internships. As a leader of a global performance improvement, assessments and training company, Crom has seen the importance of internships, for both employer and intern, grow mightily in recent years.

The Internship is Hollywood satire, but is it reasonable to believe that companies could start hiring interns who aren't college-aged?

I think you may see some older people doing it if they make a career transition. Not all employers will accept someone who is not a college-aged intern, but there are those that would take a 40-year-old intern and benefit from it. Sometimes if you're laid off, for example, you might have some continued compensation and it might give you a few months to take an internship that is unpaid.

CHRIS LONGO, METRO WORLD NEWS

Ch-ch-ch-ch-changes

How have internships evolved over the last decade?

- "I think with the financial crisis, internships became more and more important," Crom says.
- "In some ways companies began to rely on interns in lieu of full-time and part-time people as a way to fill in some of the gaps that were created by the economic pressures. Many companies are putting a heavy emphasis on using this a screening tool."

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Free your mind, the rest will follow.

How moments of meditation can give workplace productivity a gentle boost

JANE BORDEN
Metro World News

Your business's productivity grows when employees increase focus, improve decision-making, unlock creativity and improve teamwork skills — all qualities enhanced by mindfulness meditation practices.

In 1995, Mirabai Bush helped found the Center for Contemplative Mind in Society, to explore how mindfulness practices, long used in alternative healing, might affect other sectors of American life. The centre developed programs working with lawyers and judges, social justice activists, higher-education organizations and journalists.

But it is Bush's work with businesses — like Google, National Grid, Monsanto and General Mills — that's really taking off. We asked her why.

Keep calm and carry on

"There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again."

Mirabai Bush
Founder of the Center for Contemplative Mind in Society

Isn't it surprising that the corporate world is so open to meditation?

Well, successful businesses are extremely pragmatic. They'll do anything if it works. And the bottom line is measurable, unlike in other organizations. Also, in the last 10 years, there has been quite a lot of research on meditation's effects on the brain. All of this is interesting to people in business.

Which practices do companies find most effective?

It depends. We tailor workshops to an organization's needs. For instance, at Google, we realized that these very smart and competitive people had been in front of screens for most of their lives.

They're good at algorithms, but not necessarily at working together. So we set up practices that develop awareness of yourself and others and appreciation for others.

It's since been taught at Google headquarters in New York, Zurich, Beijing and Dublin. More than 1,000 engineers have gone through the program.

What's next? If companies are taking 101 now, what's the graduate-level course?

I've started teaching compassion meditations, which I'd at first thought would require too much vulnerability.

You mentioned that companies cite bottom lines, but what, to you, is the real payoff?

There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again. You begin to appreciate constant change.

MLB

Jays overwhelm Rangers for sweep

Chien-Ming Wang won for the first time in more than a year, Colby Rasmus homered for a third straight game and the Toronto Blue Jays completed a four-game sweep by beating the Texas Rangers 7-2 on Sunday for their fifth straight victory.

The Rangers lost their sixth in a row and fell to 1-6 on a season-high, 11-game homestand. Texas has dropped six straight for the first time since April 2010.

Wang (1-0) allowed seven hits in seven shutout innings to win for the first time since last June 12 with Washington.

Adam Lind hit a three-run homer and J.P. Arencibia added a two-run shot for Toronto. The Blue Jays outscored the Rangers 24-4 to sweep a four-game series at Texas for the first time. THE ASSOCIATED PRESS

Iced-out accessory

Putin denies theft of Super Bowl ring

Russian President Vladimir Putin is denying insinuations that he stole New England Patriots owner Robert Kraft's Super Bowl ring that's now on display in the Kremlin, but says he's ready to buy him another ring as a gift.

"I took out the ring and showed it to (Putin). And he put it on and he goes, 'I can kill someone with this ring,'" Kraft said, as quoted by the New York Post. "I put my hand out and he put it in his pocket, and three KGB guys got around him and walked out." THE ASSOCIATED PRESS

Justin Rose celebrates with the U.S. Open Trophy following his win at Merion Golf Club on Sunday in Ardmore, Pa. ANDREW REDINGTON/GETTY IMAGES

Rose blooms in time for 1st major victory

Golf. Englishman calm in making clutch shots while Mickelson plays to sixth second-place finish at U.S. Open

A steady hand gave Justin Rose the shiny U.S. Open Trophy. A wild ride gave Phil Mickelson yet another silver medal.

Rose captured his first major championship on Sunday with remarkable calm and three pure shots on the punishing closing holes at Merion. A par on the 18th hole gave him an even-par 70, and that was good enough for him to become the first Englishman in 43 years to win America's national championship.

Rose hit 5-iron to the first cut of rough, pin-high on the 17th for an easy par. He smashed the most important tee shot of his career down the middle on the final hole, about 10 yards short of the famous Ben Hogan plaque. And his approach rolled near the pin and settled against the collar of the green.

"When I came over the hill and saw my ball laying in the fairway, I thought, 'This is my moment.' It was me hitting from the middle of the fairway," Rose said.

As usual, someone's big moment in the U.S. Open came at Mickelson's expense.

With fans chanting, "Let's go Phil!" Mickelson paced off a last-ditch effort to force a playoff. It was a long shot — the 18th hole didn't yield a single birdie all weekend. From about 40 yards away, Mickelson's chip for birdie raced by the cup, securing Rose's victory.

Mickelson, already in the U.S. Open record book with five second-place finishes, wound up with a bogey on the 18th for a 74 and tied for second with Jason Day, who closed with a 71. THE ASSOCIATED PRESS

Merion tames Tiger

Tiger Woods wore his usual Sunday red shirt, but it didn't keep him from quickly achieving a dubious double — out of bounds and a 3-putt on the same hole. That made for a triple-bogey 8 at No. 2. He shot a 74 to finish 13 over par.

- Sunday was five years to the day since Woods won the U.S. Open at Torrey Pines. His running tally of majors wins is stuck on 14, four shy of Jack Nicklaus' record.

Green haunts Heat from beyond the arc

Danny Green reacts after shooting a three-pointer against the Heat during Game 5 of the NBA Finals on Sunday. ERIC GAY/THE ASSOCIATED PRESS

Manu Ginobili had 24 points and 10 assists in a surprise start to spark the San Antonio Spurs to a 114-104 victory over the Miami Heat in Game 5 of the NBA Finals on Sunday night, pushing the Spurs one victory away from their fifth championship.

Danny Green scored 24 points and broke Ray Allen's finals record for 3s in a series with 25. Tony Parker had 26 points for San Antonio.

LeBron James scored 25 points on 8-for-22 shooting for the Heat and Dwyane Wade had 25 points and 10 assists. But the Heat missed 21 of their first 29 shots to fall behind by 17 points in the second quarter of another uninspired performance.

Game 6 of the best-of-seven series is Tuesday night in Miami.

Whirling through the defence like the Manu of old, Ginobili shrugged off a postseason full of disappointment to deliver a performance that the Spurs have never needed more desperately. He hit eight of 14 shots and had his highest points total since June 4, 2012. THE ASSOCIATED PRESS

Long-range record

25

San Antonio Spurs guard Danny Green has hit 25 three-pointers throughout the 2013 NBA Finals so far, eclipsing Ray Allen's finals mark of 22 set with the Celtics in 2008.

4 SPORTS

Balanced battle of the B's all even for Game 3

Stanley Cup final.
Neck-and-neck faceoff has the makings of a marathon series

Jaromir Jagr heard the clank of the puck off the post and did all he could to contain his emotions. Patrick Sharp had to move on, too, after he came oh so close to ending Game 2 of the Stanley Cup final.

Both players had no choice, even as they lamented the "game of inches" they deal with every day. In this series it's particularly difficult because the Boston Bruins and Chicago Blackhawks appear so evenly matched.

The difference between the Blackhawks being up 2-0 and the teams being tied going into Game 3 Monday night in Boston? "We score an extra goal," Bruins captain Zdeno Chara said.

Blackhawks centre Jonathan Toews shoots the puck wide against Tuukka Rask in Game 2 of the Stanley Cup final on Saturday. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

It is that tight after 186 minutes of hockey, as the Blackhawks and Bruins come to grips with the closeness of the cup final and the razor-thin margin for error.

"No one said it was going to be easy," Chicago captain Jonathan Toews said. "No one said everything was going to go our way. Some moments, you feel pretty darn good, like when we won Game 1 in triple overtime, and (Saturday night) it doesn't feel good. You've got to find a way to get over it to move to the next time you're going to be on the ice, and not let it affect you."

It's the first time in nine years that the cup final is tied at a game apiece. The last occurrence came when the Tampa Bay Lightning faced the Calgary Flames in 2004, winning in seven.

Before last season, the last time the first two games went to overtime was 1951. It has created plenty of drama and frustration, especially for Jagr, who came close to winning each game.

"I got no problem with it. It's a hockey game," Jagr said. "It's not (a) problem for me. Of course you have to forget about it and try to score next time."

The Blackhawks know all too well about a series hanging in the balance in overtime. They needed it to beat the Detroit Red Wings in Game 7 of the Western Conference semifinals and then again to put away the Los Angeles Kings a round later.

THE CANADIAN PRESS

Turban ban overturned

Solidarity returns to Quebec soccer

The Beautiful Game shed an ugly debate on Saturday as the Quebec Soccer Federation ended its internationally criticized turban ban and the Canadian Soccer Association welcomed it back into the fold.

The news was greeted with cheers by a mostly Sikh crowd at a solidarity soccer game organized in a Montreal suburb, where people of all ages and skills charged onto the pitch wearing turbans.

"I'm excited and I'm proud as a Quebecer that the decision has come to allow the kids to get back on the field," said Amar Magon, one of the organizers of the game.

The Quebec Soccer Federation announced the end of its ban Saturday morning, saying it was relieved to receive clear instructions from FIFA on what has become a contentious issue.

"It has been our intention from the onset to get a confirmation that FIFA allowed wearing of turbans, patkas or keskis," said Brigitte Frot, the Quebec federation's executive director.

Young players participate in a game of solidarity in Montreal after the Quebec Soccer Federation lifted its turban ban on Saturday. THE CANADIAN PRESS

"We are very happy that FIFA has responded to our request and by the same token dispelled the ambiguities created by a lack of clarification."

FIFA announced on Friday that it was authorizing the wearing of male head covers at all levels of Canadian soccer. A statement said the headwear must be the same colour as the jersey, look professional and not pose any danger to players. The ban prompted the Canadian Soccer Association to suspend the Quebec Soccer Federation on June 10. THE CANADIAN PRESS

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NHL

STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Series tied 1-1)
Saturday's result
Boston 2 Chicago 1 (OT)
Monday's game
Chicago at Boston, 8 p.m.
Wednesday's game
Chicago at Boston, 8 p.m.
Saturday's game
Boston at Chicago, 8 p.m.
Monday, June 24th
x-Chicago at Boston, 8 p.m.
Wednesday, June 26th
x-Boston at Chicago, 8 p.m.
x — played only if necessary

NBA

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads series 3-2)
Sunday's result
San Antonio 114 Miami 104
Thursday's result
Miami 109 San Antonio 93
Tuesday's game
San Antonio at Miami, 6 p.m.
Thursday's game
x-San Antonio at Miami, 9 p.m.
x-Played only if necessary

GOLF

PGA U.S. OPEN CHAMPIONSHIP

At Ardmore, Pa.
Final round — Par 70

Justin Rose	71-69-71-70—281
Jason Day	70-74-68-71—283
Phil Mickelson	67-72-70-74—283
Jason Dufner	74-71-73-67—285
Billy Horschel	72-67-72-74—285
Ernie Els	71-72-73-69—285
Hunter Mahan	72-69-69-75—285
Luke Donald	68-72-71-75—286
Steve Stricker	71-69-70-76—286
Also:	
David Hearn	**78-69-73-71—291**
Mike Weir	**72-76-75-69—292**

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	42	29	.592	—
Baltimore	40	30	.571	1½
New York	38	31	.551	3
Tampa Bay	36	33	.522	5
Toronto	32	36	.471	8½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	38	29	.567	—
Cleveland	34	34	.500	4½
Kansas City	33	34	.493	5
Minnesota	30	36	.455	7½
Chicago	28	38	.424	9½

WEST DIVISION

	W	L	Pct	GB
Oakland	42	29	.592	—
Texas	38	31	.551	3
Seattle	31	39	.443	10½
Los Angeles	30	39	.435	11
Houston	26	44	.371	15½

Sunday's results
Cleveland 2 Washington 0
Baltimore 6 Boston 3
Kansas City 5 Tampa Bay 3
Houston 5 Chicago White Sox 4
Detroit 5 Minnesota 2
Toronto 7 Texas 2
N.Y. Yankees 6 L.A. Angels 5
Oakland 10 Seattle 2
Saturday's results
Toronto 6 Texas 1
Boston 5 Baltimore 4
Tampa Bay 5 Kansas City 3
Washington 7 Cleveland 6
Houston 4 Chicago White Sox 3
L.A. Angels 6 N.Y. Yankees 2
Minnesota 6 Detroit 3
Seattle 4 Oakland 0
Monday's games — All times Eastern
Kansas City (Shields 2-6) at Cleveland (Carrasco 0-2), 7:05 p.m.
Colorado (De La Rosa 7-4) at Toronto (Johnson 0-2), 7:07 p.m.
Baltimore (Arrieta 1-1) at Detroit (Scherzer 9-0), 7:08 p.m.
Oakland (Straily 4-2) at Texas (Tepesch 3-6), 8:05 p.m.
Chicago White Sox (Quintana 3-2) at Houston (Norris 5-6), 8:10 p.m.
Seattle (Harang 3-6) at L.A. Angels (Vargas 5-4), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	41	28	.594	—
Washington	34	34	.500	6½
Philadelphia	33	37	.471	8½
New York	25	39	.391	13½
Miami	21	47	.309	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	44	25	.638	—
Cincinnati	42	28	.600	2½
Pittsburgh	41	28	.594	3
Chicago	28	39	.418	15
Milwaukee	28	40	.412	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	37	32	.536	—
Colorado	37	33	.529	½
San Francisco	35	33	.515	1½
San Diego	35	34	.507	2
Los Angeles	29	39	.426	7½

Sunday's results
N.Y. Mets 4 Chicago Cubs 3
Miami 7 St. Louis 2
Cincinnati 5 Milwaukee 1
Pittsburgh 6 L.A. Dodgers 3
Colorado 5 Philadelphia 2
San Diego 4 Arizona 1
Atlanta 3 San Francisco 0
Saturday's results
Chicago Cubs 5 N.Y. Mets 2
Atlanta 6 San Francisco 5
L.A. Dodgers 5 Pittsburgh 3 (11 inn.)
Colorado 10 Philadelphia 5
St. Louis 13 Miami 7
Milwaukee 6 Cincinnati 0
San Diego 6 Arizona 4
Monday's games — All times Eastern
Chicago Cubs (Wood 5-5) at St. Louis (Miller 7-4), 7:05 p.m.
Washington (Haren 4-8) at Philadelphia (Lannan 0-1), 7:05 p.m.
Pittsburgh (Liriano 5-2) at Cincinnati (Leake 6-3), 7:10 p.m.
N.Y. Mets (Gee 5-6) at Atlanta (Hudson 4-6), 7:10 p.m.
Miami (Turner 1-0) at Arizona (Corbin 9-0), 9:40 p.m.
San Diego (Volquez 5-5) at San Francisco (Zito 4-5), 10:15 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Despite what you might believe, nothing is holding you back. It may seem as if barriers are blocking your path but the closer you get to them, the further away they will retreat.

♉ Taurus
April 21 - May 21
You may have a lot of ground to make up on rivals and competitors but there is no need to rush things. Spend the first few days of the week just watching and waiting. Your time will come — soon.

♊ Gemini
May 22 - June 21
You will gain a lot more respect today if you are direct with people. Forget about being polite, just say what needs to be said. You don't have time to worry about people's precious feelings.

♋ Cancer
June 22 - July 23
Don't choose the easy option just because you cannot be bothered to make much of an effort. If you let things slide now you will only have to work twice as hard later to make up for lost time. Be sensible.

♌ Leo
July 24 - Aug. 23
You must not let your standards slip today. If you do, others will use that as an excuse to give less than they should. Always be a good example and do your very best.

♍ Virgo
Aug. 24 - Sept. 23
If you slow down to think about what you are doing today you run the risk of stopping altogether. Keep your momentum going and keep moving towards your goal.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to highlight something you know a friend would be embarrassed by. It might be worth a laugh but what would it do to your relationship? Keep it to yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Steer clear of financial matters that have nothing to do with you. If you allow yourself to be drawn into a situation you know little about at best you will gain nothing — and you may lose a lot.

♐ Sagittarius
Nov. 23 - Dec. 21
Any disagreements you may be having will be short-lived, so don't place too much importance on them. This may even be one of those occasions when drama brings you closer to the ones you love.

♑ Capricorn
Dec. 22 - Jan. 20
The planets are urging you to aim high, even if your resources are low. The bigger your plans, the harder you will work and the more likely it is you will attract the opportunities you need to grow.

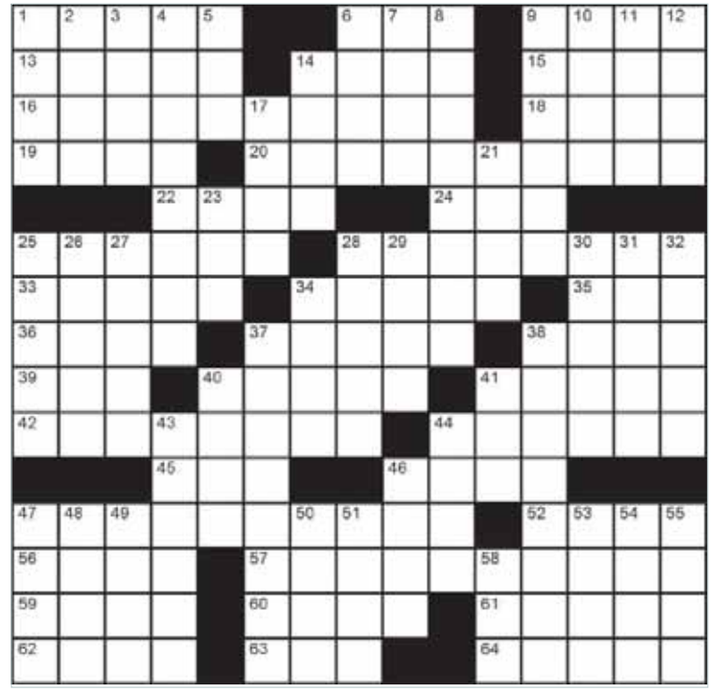
♒ Aquarius
Jan. 21 - Feb. 19
It's OK envy others' achievements as it encourages you to do better. Over the next few days, you'll be inspired to copy someone you look up to. Soon others will be copying you.

♓ Pisces
Feb. 20 - March 20
A windfall of some kind helps you believe Lady Luck is on your side, which in turn makes it easier to take calculated risks that improve your chances of success. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

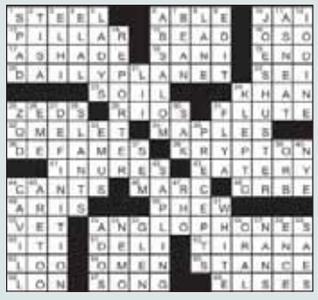
BY KELLY ANN BUCHANAN



Across
1. Archibald __ (Cary Grant's birth name)
6. Martin Scorsese's occ.
9. Actress Ms. Irving's
13. New Delhi's country
14. Skipper's need
15. Church area
16. The Lord's trophy: 2 wds.
18. Ms. Cannon (Fourth wife of #1-Across)
19. Bride-__-__
20. CN Tower's 360 __
22. Cons opposites
24. Wrath
25. 1936: For whom King Edward abdicated the throne, __ Simpson
28. Ontario city on the St. Lawrence River
33. Brit singer, Lily __
34. Changes residence
35. Baseball's Astros, on scoreboards
36. Linen-making fibre
37. Sulked
38. Nerd
39. Mr. Hanks
40. Downy duck
41. Canadian actress Ms. Eastwood
42. Surprised suddenly
44. Chef Gordon __ of FOX's "Hell's Kitchen"
45. Blue stuff on paper
46. Rave about
47. Ontario town in The Tragically Hip song that starts "I left your house this morning..."
52. Hasbro toy brand
56. Beehive State
57. _ rafting
59. Get up
60. Chocolate bar
61. Acclaimed choreographer, Alvin __
62. Disapproving utterances
63. "__-haw!"
64. Tomato plant support

Down
1. Itemize
2. Prefix to 'mology' (Study of insects)
3. Small amount that'll do ya: 2 wds.
4. Canadian movie theatres company
5. "2001: A Space Odyssey" (1968) computer
6. Physicians, e.g.
7. '50s song: "_ __ a Spell on You"
8. Fixed
9. Brother of Prince Charles
10. Poet Ms. Angelou
11. Mr. Cournoyer, Hockey Hall of Famer
12. Dispatched
14. Deli breads
17. Greek Myth: God of love
21. Vases
23. __ Tin Tin
25. Drifts through the air
26. Dispense
27. Cud-chewing creature
28. Got by
29. Finished
30. Nautical greetings!
31. 1869 R.D. Blackmore novel, __ Doone
32. Great Big Sea song that goes "...boat is painted green / Ha, me boys!"
34. Style
37. Earth's galaxy: 2 wds.
38. Canadian singer/songwriter Ms. Doyle
40. Cirneco dell'__ (Dog breed)
41. Affirmatives, in Austria
43. Wealth
44. Old Scandinavian symbol
46. Attend: 2 wds.
47. Mr. Reynolds
48. Mr. Redding
49. Relish
50. Clarified butter
51. Dublin's land
53. Fun French song bit: "..._ __ tete, Alouette..."
54. Stink
55. Canadian literary critic, Northrop __
58. Used to be

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	4	9	5	2	6	8	3	1
6	2	8	1	3	9	5	7	4
5	1	3	7	4	8	2	6	9
4	8	2	3	5	7	1	9	6
3	6	1	8	9	2	7	4	5
9	7	5	6	1	4	3	2	8
1	5	7	9	6	3	4	8	2
2	3	6	4	8	5	9	1	7
8	9	4	2	7	1	6	5	3

1		3		6		9	2	
	7	2						
			8					6
2		4	5					
3			7		1			8
					9	2		1
5					4			
						8	7	
	3	9		1		6		5

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 22° MIN: 9°	MAX: 21° MIN: 11°	MAX: 21 MIN: 14°

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Deerfoot Mall

Marlborough Mall

Pacific Place

Sunridge Mall

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2520 23rd St. NE

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

7845 Flint Rd. SE

Airdrie

2145 Summerfield Blvd.

Strathmore

55 Wheatland Trail

331 3rd Ave.

Okotoks

31 Southridge Dr.

118 Elizabeth St.

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